

**MOUNT HAVING INTEGRATED DAMPER
AND LOAD CARRYING SPRING**

ABSTRACT

A mount comprising a unitary resilient member where the unitary resilient member comprises a spring portion, an intermediate stiffening portion and a damping layer, and the resilient member is compressible and extendible. The resilient member is substantially enclosed by a casing. The mount further includes damping means located in contact with said damping layer, the damping means providing damping in response to compression and extension of said resilient member.